

## **Abstract**

**Title:** Strength of knee extensors and flexors as a determinant in performance of speed abilities in youth

**Objectives:** To find out whether there is a correlation between the strength of the knee flexors and extensors and the performance in speed tests in a selected age group

**Methods:** There was a laboratory and outdoor testing carried out with a group of 42 students. The results were processed in tables and graphs, the arithmetic mean and the standard deviation functions were used

**Results:** The tests showed that the more powerful the knee flexors and extensors are the better the performance in speed tests is. The hypothesis proved right, there is a strong relation between the knee flexors and extensor strength and a speed performance. The flexors scored higher in the importance for a speed performance than the extensors

**Keywords:** Speed, strength, testing, youth, performance